

# Switch It Up – Three Ways to Play

## *Activity*

**Resource:** Play for All

**Division(s):** Primary Junior

**Location:** gymnasium, outdoor field, tarmac, large activity space

## What's It All About?

These versions of Switch It Up are quick to set up and require minimal equipment. They can be played in various locations and be customized for the number of participants and the available time. Participants learn about and practise moving effectively to maintain and gain possession of a space. Each version of the activity is designed for maximum participation and inclusion for everyone in a fun and welcoming environment. They are designed so that everyone feels valued and encouraged to participate to the best of their abilities.

## Considerations

- Select the version of the activity that best meets the interests and needs of participants who choose to take part in this intramural activity.
- Incorporate some or all of the variations listed in the “Variations” section while planning the activity. This will help to best meet the needs and interests of participants during play and maximize the fun, inclusion, and participation of everyone.
- To elevate participant voice and choice, periodically pause the activity and share the variations with participants. Ask them to determine how they would like to change the activity to maximize the fun, inclusion, and meaningful participation for everyone. Encourage participants to add any variations of

their own.

## Safety

- Visually inspect the equipment and activity area to identify and remove hazards. Check that the activity surface provides sufficient traction.
- Establish the boundaries for the designated playing area at a safe distance from walls and obstacles. Share the boundaries with participants.
- Review the safety rules and activity instructions with participants prior to the activity.
- Instruct participants to be aware of their surroundings, including the locations of other participants during play.

## Version 1: Switch It Up (small group play)

### Equipment

4 hula hoops per playing area to mark each corner

### How to Play

- Divide participants into groups of 5 or 6.
- Ask 1 or 2 participants to volunteer to begin in the middle of the activity area.
- Have the remaining 4 participants form a square and place a hula hoop at each corner. Each participant stands in their hoop.
- Participants in the hoops attempt to switch places with one another without having the participant in the middle notice and take their position.
- Encourage participants to switch frequently (e.g., every 10 seconds) to allow several opportunities for the participant in the middle to attempt to take over a hoop position.
- If the participant in the middle succeeds at taking over a hoop position, the participant without a hoop becomes the participant in the middle and the game continues.

- Switch up the participant in the middle after a pre-determined length of time to provide all participants with the opportunity to take over a hoop position.
- After a period of play, provide participants with some or all of the variations. Ask them to decide how they might change the game to enhance the fun, inclusion, and participation for everyone. Encourage participants to add any variations of their own.

## Variations

- Participants determine the size of their square and adjust it throughout the playing time.
- Change the shape (e.g., to a hexagon, 5-point star) of the playing area to add more hoops and participants.
- Change the way participants move (e.g., slide, skip, hop, wheel).
- Allow more than 1 participant to occupy each hula hoop (as long as 1 participant always remains in the middle).
- Increase the number of participants in the middle.

## Version 2: Rock, Paper, Scissors Switch (small group play)

### Equipment

Cones, pylons, floor markers, skipping ropes, hula hoops, carpet squares, or lines on the floor to mark group playing area

### How to Play

- Divide participants into groups of 5 or 6.
- Create squares in the designated playing area (using a 4 square court, cones, pylons, floor markers, skipping ropes, floor chalk, hula hoops, carpet squares) so they are large enough for each group.
- Assign each group a square.
- Ask a participant from each group to volunteer to stand or sit in the middle of their square. Other participants stand or sit in each corner of their square. If there are 6 participants per group, 1 participant waits on the sidelines away from play. This is called the “waiting area.”

- Inform participants that when they move, they must move along the sides of their square, not through their square.
- Teach or review how to play Rock, Paper, Scissors.
- Play begins when the participant in the middle (the “caller”) puts their hand up, pulls their arm down like they are pulling a switch, and calls out, “Switch!”
- When players hear “switch,” they move along a side to find a new corner.
- If a participant arrives at the corner alone, they stay.
- If two players go to the same corner, they play one round of Rock, Paper, Scissors and the winner stays at the corner and the other participant moves to the middle. Players do not have to arrive at the same time. This rule helps avoid collisions and makes the game fair for participants who move more slowly than others.
- The participant without a corner goes to the middle to be the caller and the game continues.
- If someone is waiting, the new player joins the activity and the player without a corner joins the waiting area.
- Additional participants can be added to the game by waiting on the sidelines of the square. When a participant ends up without a corner, they join the waiting line and the first participant in the waiting line joins the game as the caller.
- After a period of play, provide participants with some or all of the variations. Ask them to decide how they might change the game to enhance the fun, inclusion, and participation for everyone. Encourage participants to add any variations of their own.

## Variations

- Participants determine the size of their square and adjust it throughout the playing time.
- Change the shape (e.g., to a hexagon, 5-point star) of the playing area to add more spots and participants.
- Participants can choose to be the caller throughout the rounds of play with other players vying for spots.
- Change the number of rounds played before a participant exits the game when there is a line waiting.

- Participants switch after pre-determined, consecutive turns in the middle (decided by each group (e.g., 3 – 5 turns)).

## Version 3: Scramble (small group play)

### Equipment

Cones, pylons, floor markers, skipping ropes, floor chalk, hula hoops, carpet squares to mark group playing area

### How to Play

- Divide participants into groups of 7 or more.
- Provide each participant with an object to create a circle with their group (e.g., cones, pylons, floor markers, skipping ropes, floor chalk, hula hoops, carpet squares), making sure they are an arm's length away from the next participant.
- Ask a participant to volunteer to be "It" and stand in the middle of the circle. The remaining participants stand on a marked spot in the circle gathered around the participant who is "It."
- The participant who is "It" calls out the names of two other participants.
- When players hear their names, they attempt to switch places while the participant who is "It" tries to occupy one of the vacated spaces.
- The participant who does not get into one of the two open spots is "It" for the next round.
- After a period of play, provide participants with some or all of the variations. Ask them to decide how they might change the game to enhance the fun, inclusion, and participation for everyone. Encourage participants to add any variations of their own.

### Variations

- Provide the participant who is "It" with a pool noodle to tag participants as they are exchanging places. If the participant is tagged, they become "It" for the next round.
- Change the size of the circle.
- Change the way participants move (e.g., slide, skip, hop, wheel).

- Have one less spot than players so participants can choose to be the caller throughout the rounds of play with other players vying for spots.